

# UGUZUMA AMAGARA Neza y'Umupfasoni

## Suzuma Amagara yawe

### SUZUMA AMABERE WENYENE

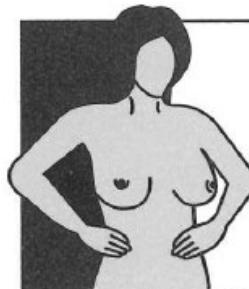
Suzuma amabere yombi rimwe mukwezi iminsi 7 nyuma y'igihe watanguriye ko (canke nimba atagihe ufise, uze uyasuzume kw'iryo genekerezo nyene ukwezi kose).



### Hagarara Imbere y'Icirore

Raba impinduka ku mabere yawe hagarara neza hama ushire amaboko impande yawe, amaboko inyuma y'umutwe, amaboko asunike amatako. Ugomba gusuzuma impinduka y'ukungene amabere yawe aboneka n'ukungene uyumva. Kumva avyivye no kuraba impinduka k'urukoba canke imoko igahinduka akarorero:

- Umubiri ufise utwobo
- Umubiri w'inzobe itukura
- Umubiri ufuruse
- Umubiri ukonyaraye
- Kuva amashereka
- Imoko ifise amagamba

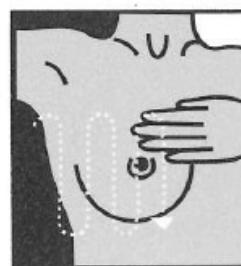


### Ukuryama

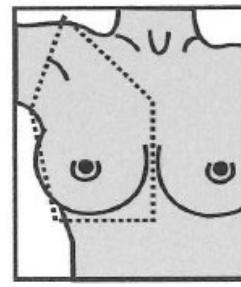
Shira ukuboko kwave kw'iburyo munsi y'umutwe. N'intoke 3 zo hagati z'ukuboko k'ukubanfu ziri hamwe, kora umuzenguruko muto kw'ibere ry'iburyo ukoresheje uburyo butatu bwo gukanda; bukeyi, uringanje gose hama ukande cane wumvirize ukungene avyivye. Koresha akarorero gahagaze ufinike aherekawne mw'isanamu iburyo. Bisubire kw'ibere ryawe ry'ukubanfu.



Nimba ubona canke wumva impinduka izarizo zose, canke ufise ibibazo, akura abakurontsa ubuvuzi ubwonyene.



Kanseri y'ibere wamenye hakiri kare, uguzuma wenyene kanseri mu kwezi (BSE) iminsi myinshi uriko urakurikiranwa iberi n'amuganga m'ubitaro (CBE) kandi mamographie ni uburyo bwiza bwo kwirinda! Hamagara I-888-257-8502 kugira umenye ko ukwiye mamographie ya gusa.



Information adapted from materials developed by the Arizona Department of Health Services Well Woman HealthCheck Program (<http://www.azdhs.gov/hsd/healthcheck/wellwoman/>).